

# **WELLNESS AND PREVENTION WORKGROUP UPDATE**

**MARYLAND HEALTH QUALITY AND COST COUNCIL  
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## **2013 MARYLAND MILLION HEARTS SYMPOSIUM**

### **Goals:**

- Raise awareness
- Align and guide statewide efforts
- Engage public and private partners
- Highlight best practices and resources that achieve excellence in the ABCS

### **Objectives:**

- Improve clinical care within public and private health care settings
- Strengthen tobacco control
- Promote healthy eating and active living
- Increase awareness of workplace wellness programs
- Enhance local public health action

## SYMPOSIUM ACCOMPLISHMENTS

- 360 attendees, representing organizations statewide
- Three HQCC members presented
- Six HQCC members and many partners were represented by their organization or membership groups
- Increased Evaluation results:
  - 95% learned about Million Hearts activities occurring throughout the state
  - 94% learned more about the Maryland Million Hearts initiative
  - 84% learned more about using the ABCS to reduce cardiovascular risk factors
  - 81% are better prepared to implement million heart strategies throughout individual organizations
  - 73% learned more about cardiovascular disease and associated risk factors

## SPECIAL THANKS

### HQCC Member Participation

- Secretary Joshua Sharfstein, DHMH, *Welcome and Greetings*
- Deputy Secretary Laura Herrera, DHMH, *Closing Remarks*
- Roger Merrill, Perdue Farms, *The "B" of Million Hearts-Central, Critical and Achievable*
- Lisa Cooper, JHU Center to Eliminate CV Health Disparities, *Enhancing Academic-Community Partnerships to Address CV Health Disparities*

### HQCC Representing and Partnering Organizations

- Dr. Brian Avin, MedChi, Leadership by Example: *Physicians Promoting Healthy Hearts in Maryland*
- Dr. Malcolm Joseph, CareFirst BlueCross BlueShield, *Patient Centered Medical Home*
- Dr. Peter Basch, MedStar, *MedStar Million Hearts*
- Judy Lichty, Washington Adventist Hospital, *In-Patient Tobacco Cessation*
- Dr. Niharika Kahanna, University of Maryland School of Medicine, Maryland Learning Collaborative
- Carmela Coyle, MHA, *Hospitals: Your Million Hearts Partner*

**And Many More!**

## SYMPOSIUM NEXT STEPS

- DHMH
  - Continue partnership engagement to increase commitment and share resources
  - Disseminate Million Hearts materials and share with chronic disease stakeholders
  - Disseminate Million Hearts Success Stories
  - Enhance Maryland Million Hearts website
  - Hold MTM/State of Maryland Pilot at State Center
  - Promote value-based insurance design strategies
  - Enhance Quality Improvement initiatives
- Million Hearts Partners
  - Maryland Medication Therapy Management (MTM) roundtable
  - Script your Future will promote MTM
  - Million Hearts Phone App
  - University of Maryland and Johns Hopkins University are engaged in coordinating Million Hearts efforts internally
  - MedStar Health System is maintaining current efforts and beginning to focus on additional smoking cessation interventions

## HQCC WELLNESS AND PREVENTION WORKGROUP: MILLION HEARTS NEXT STEPS

- Commitment:
  - Review Maryland Million Hearts Implementation Guide
  - Select strategies
  - Implement strategies
  - Share commitment with Maryland Million Hearts Team
- Promote million hearts resources internally and externally
- Ensure wellness and prevention strategies are incorporated into Evidence-Based Medicine Workgroup's value-based insurance design efforts

## DP13-1305: THE CHRONIC DISEASE GRANT

- Goal: Improved prevention and control of hypertension, diabetes, and overweight/obesity statewide
- Deadline: April 19, 2013
- Five year grant that supports statewide implementation of cross-cutting approaches that address:
  - Obesity, heart disease, stroke, and diabetes
  - Health promotion and prevention
  - Risk factor modification
  - Disease management
- Prioritized strategies outlined in four chronic disease prevention and health promotion domains:
  1. Epidemiology and surveillance
  2. Environmental approaches that promote health
  3. Health system interventions
  4. Clinical-community linkages
- Maryland's award could range from \$525,251 (basic, non-competitive component) with an additional \$1,000,000 - \$1,800,000 (enhanced, competitive component), potentially totaling up to \$2,325,251.

## FOA NEXT STEPS

### DHMH

- Continue discussions with chronic disease stakeholders
- Align with on-going Department initiatives

### HQCC Wellness & Prevention Workgroup

- Guide and advise efforts
- Provide Letters of Support